

Community NEWSLETTER

January 2025



22 North

22 North is a PSH community developed to provide wraparound support services to adults experiencing homelessness as they build lives of stability and opportunity.

Self Care January



People who have experienced chronic homelessness often spend years in survival mode, where meeting basic needs takes priority and opportunities for self-care are limited or nonexistent. Bringing Northwest Barber Academy in to provide free manicures and partnering with the Alliance of Dog Therapy to offer free dog therapy sessions helps reintroduce self-care in a safe, accessible way. These services support emotional healing, reduce stress, and restore a sense of dignity and worth—reminding residents that they deserve care, comfort, and moments of peace as they move toward stability.

Dorothy Place

Getting pampered at Dorothy Place

Survivors of domestic violence often spend long periods in survival mode, focused on safety and meeting immediate needs, leaving little space for self-care. Providing free manicures through Northwest Barber Academy and free dog therapy sessions through the Alliance of Dog Therapy offers gentle, accessible opportunities for healing. These services help reduce stress, rebuild a sense of dignity, and support emotional regulation in a safe environment—reminding survivors that they deserve care, comfort, and moments of calm as they rebuild their lives.

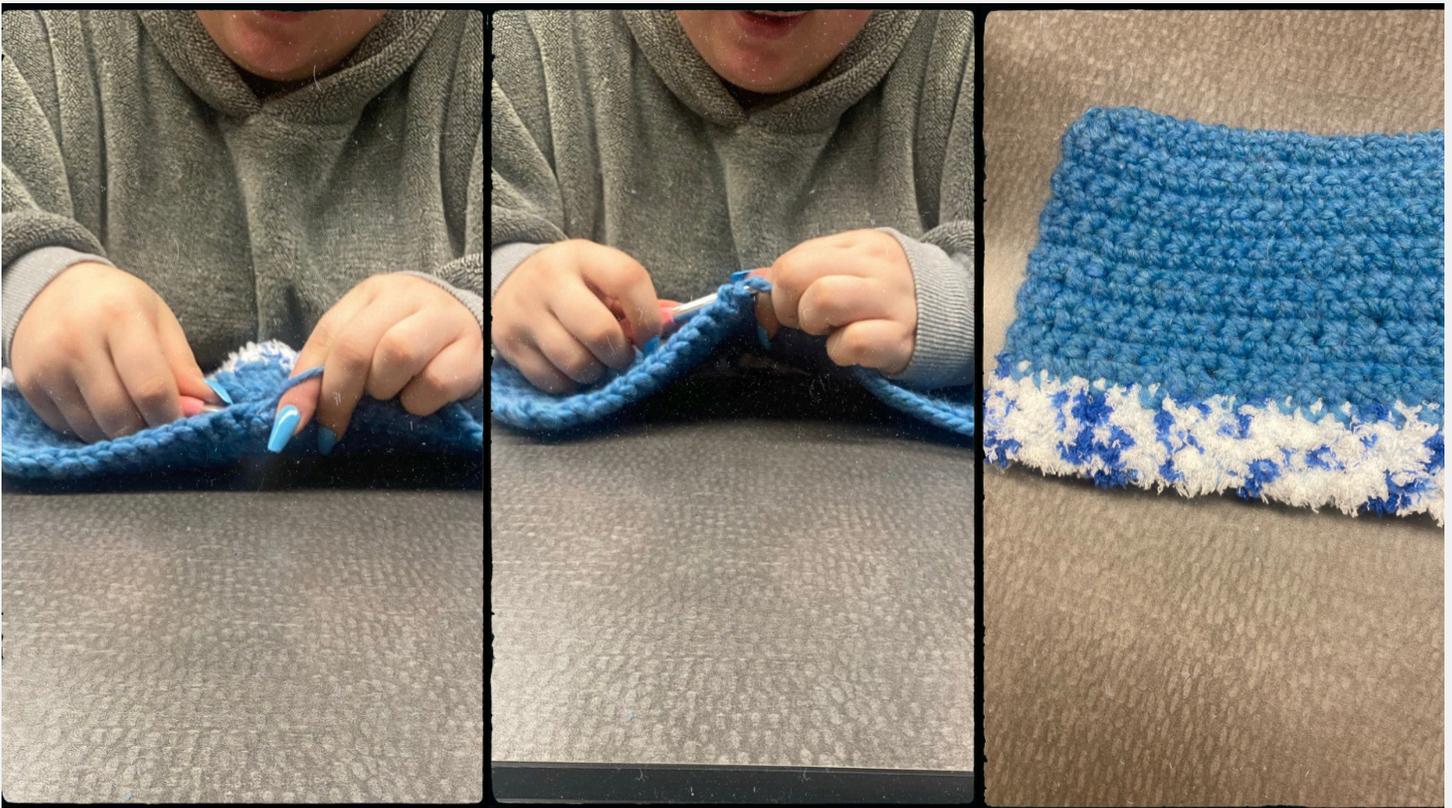


About Dorothy Place

Since 1999, Dorothy Place Apartments have been a sanctuary for individuals and families who are homeless after escaping domestic violence. Our first official supportive housing program, Dorothy Place is a crucial resource in our community, ensuring that vulnerable families have a safe and stable place to call home. Permanent Supportive Housing (PSH) is a proven, long-term solution for helping people experiencing chronic homelessness achieve stability. At Dorothy Place, PSH offers stability, housing, and supportive services for children, families, and other people in need.

Learning how to crochet at Dorothy Place!

A special shout-out to the Residential Counselor who has been teaching residents how to crochet. Their time, patience, and creativity have given residents a calming, hands-on skill that supports relaxation, confidence, and community connection while creating something meaningful together.



Laurel Forest

Providing free manicures from Northwest Barber Academy for senior residents at Laurel Forest Apartments has had a meaningful impact on both residents and students. For seniors, these services offer relaxation, dignity, and a boost in self-esteem while creating opportunities for social connection in a welcoming, shared space. At the same time, Northwest Barber Academy students gain valuable real-world, hands-on experience working with older adults, strengthening their skills, confidence, and professionalism. This partnership creates a mutually beneficial exchange—supporting the well-being of seniors while helping students build experience that enhances their future careers.



Laurel Forest is an affordable housing community for senior adults age 55 and older. Supportive services and community engagement activities are available to help residents prevent isolation and build community.

Looking Ahead

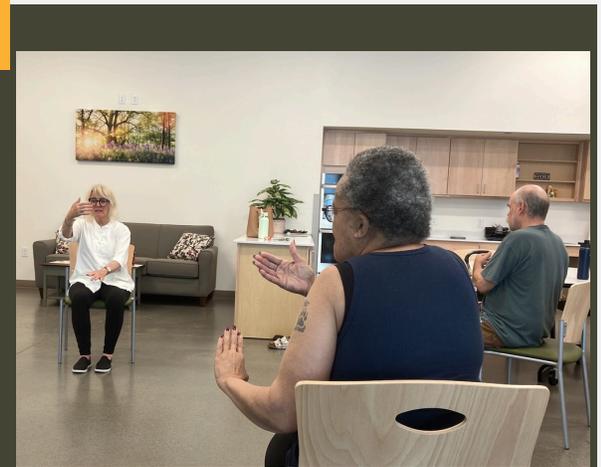
Routine Self Care Partnerships



We have partnered with Northwest Barber Academy on a rotating schedule to provide free self-care services across all three buildings, offering manicures for an entire month at each location, followed by a full month of haircuts. This approach ensures that every building has equal access to these services while eliminating common barriers such as cost and transportation. By bringing care directly on-site, residents are able to participate in consistent self-care routines that support dignity, confidence, and well-being. We are incredibly grateful to Northwest Barber Academy for their ongoing partnership, generosity, and commitment to supporting our residents.

Tai Chi Grows at Laurel Forest

Tai Chi continues to be offered weekly at Laurel Forest, providing seniors with a gentle, evidence-based practice that supports balance, flexibility, mobility, and fall prevention while also reducing stress and improving overall well-being. The class offers both physical and mental health benefits, including improved focus, relaxation, and confidence in movement. Attendance has steadily increased as residents experience these benefits firsthand, and the class has become a meaningful weekly routine that seniors consistently look forward to. Beyond exercise, Tai Chi has fostered social connection and a sense of community, making it a valued and sustaining wellness activity for Laurel Forest residents.



Alliance of Dog Therapy Partners with 22 North and Dorothy Place

We are excited to announce a new partnership with the Alliance of Dog Therapy, which will provide free, monthly dog therapy sessions at Dorothy Place and 22 North. Ongoing, routine therapy visits are especially important for vulnerable populations, as consistency helps build trust, emotional safety, and meaningful relationships over time. These regular visits will support stress reduction, emotional regulation, and social connection, offering residents reliable moments of comfort and healing as they continue their journeys toward stability and well-being.

